



# FUNDAMENTAL MOVEMENT PATTERNS

## SQUAT PROGRESSION

### 1. Assisted Squat



- Keep back straight, chest out, abs tight and head up




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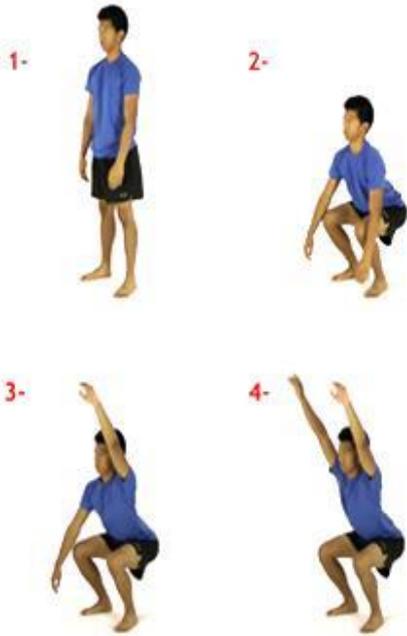
### 2. Free squat



- Stand tall and place your hands on your hips and your feet hip width.
- Initiate the squat by pushing your hips back, as if you were sitting on a chair.
- Continue the movement by bending the knees, keeping them directly over the feet.
- Lower yourself until the thighs are about parallel to the ground or to the point where you begin to lose the neutral spine by rounding your lower back.
- Lift back up and repeat.
- Make sure to keep the spine neutral and knees aligned at all times.



### 3. Squat lift arms



- Place your feet shoulder width apart with your feet facing straight forward.
- Perform a squat as low as possible, keeping your pelvis nice and straight.
- At the bottom, lift one arm over head then the next.
- Return your body to the starting position, keeping the hands overhead.

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### 4. Full squat



- Stand with feet hip-width apart, toes pointing straight ahead.
- Keep your back straight and push your knees 3-4cm in front of your feet, keeping the knees over the second to third toe of each foot.
- Lean forward, sit back on your heels until your thighs are parallel with the floor. Do not let your back bend until the thighs are below parallel.
- Sit on your heels (heels on the floor) and keep your feet straight. At this point, you can round your back.

## 5. Rubber Band Squat



- Keep back straight, chest out, head up and abs tight



## PLANK PROGRESSIONS

### 1. Rotary stability plank on wall



- Begin by facing a wall with your feet shoulder width apart. The further you are from the wall the harder.
- Assume a standard front plank position with you forearms on the wall in front of you.
- When in position, slowly raise one forearm off the wall without allowing your body to rotate or your hips to hike.
- Repeat the movement on the other side.

## 2. Front Plank on Knees



- On your forearms and knees.
- Lift yourself up in a straight line.
- Contract your glutes and do not arch your lower back. Keep your body in a straight line from your head to your knees.
- keep your elbows under your shoulders.

## 3. Abdominal plank



- Start in all fours, then prop yourself up on your forearms and toes, with your chin tucked in.
- Lift up your body, creating a straight line with your body.
- Maintain the position without arching the lower back.

## 4. Plank



- From your hands and knees, extend your legs to come into a plank.
- Your shoulders should be directly above your wrists.
- Press your heels toward the (imaginary) wall behind you and reach forward through the crown of your head.
- Keep your back straight and abdominals firm.
- Hold the position and breathe normally.

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## 5. Reverse plank on forearms



- Sit on the floor with your legs extended in front of you.
- Place your elbows/forearms on the floor slightly behind you.
- Press into your palms, and lift your hips and torso toward the ceiling.
- Keep your entire body strong, and form a straight line from your head to your heels.

## SPLIT SQUAT PROGRESSION

### 1. Assisted split squats



- Start with your front knee and hip bent 90° and your back straight.
- Assist yourself with the stick and push straight up through the heel of the front foot, making sure the torso does not shift forward or backward.
- Lower yourself under control and repeat.

### 2. Inline lunge with dowel



- Place your feet in a straight line so the knee of the back leg will come right behind the front heel, almost touching, in the bottom position.
- Hold the dowel behind your back, the top arm opposite of the front leg.
- The dowel must be in contact with your head, upper back and sacrum at all time.
- Next, lower your back knee close to the floor and behind the front heel.
- Keep your balance and lift yourself back up to the standing position.
- The dowel must remain vertical.
- The torso should be kept still.

### 3. Split squat - Bodyweight



- With your feet one in front of another at hip width, lower the back knee close to the floor and behind the front heel.
- Keep your balance and lift yourself back up to the standing position.
- The knees should be bent at 90 in the bottom position.

### 4. Split squat arms overhead



- Stand up and take a step forward to be in a split squat position, legs hip-width.
- From this position, raise your arms directly overhead.
- Lower yourself so your knees are flexed 90, without your back knee touching the floor.
- Make sure your front knee doesn't go past your toes.

## 5. Elastic Split Squat + Arm Raise



- Keep back straight, abs tight and head up Standing in a split stand with front foot stepping on elastic Opposite hand holds elastic Lower to 90 angle at the knee and hip As you go down, raise the arm, holding the elastic, in front of you

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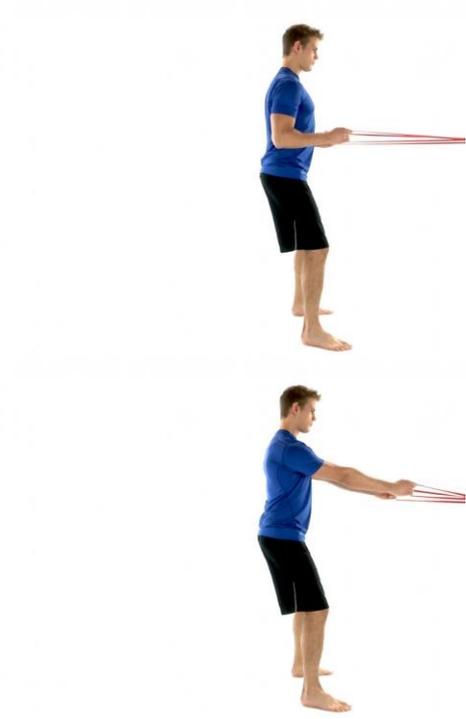
## ROWING PROGRESSION

### 1. Low row



- While sitting in a chair, attach a band in front of you.
- Hold both ends of the band and pull towards you, squeezing the shoulder blades together.

## 2. Elastic low row



- Anchor a resistance band in front of you at chest level and hold the ends in your hands.
- Pull the band with your elbows near your sides and keep your chest out and shoulders down and back.
- Do not move your head forward as you pull.

## 3. One arm elastic row



- In a split stance position, bend over with back straight.
- Step on one end of a band and hold the other end in your hand.
- Row the band without rotating the trunk.
- Keep the shoulder back and chest up.
- Keep the head still during the movement.

#### 4. Scapular (W)



- Start on your knees with a band attached to bottom of a door or other low anchor point.
- Keeping your shoulder blades down and back, pull both arms back in a (W).
- Hold for a few seconds and repeat.

#### 5. Row and external rotation



- Tie an elastic in front of you at waist level.
- Hold tightly both ends of the elastic in separate hands. Your elbows are slightly flexed.
- Pull the elastic backwards as far as possible by joining your shoulder blades together, bending your elbows to 90 degrees and keeping your arms horizontal.
- Keep your shoulders back, chin tucked in and torso stable during the exercise.
- Slowly return to the initial position and repeat.

## DEAD LIFT PROGRESSION

### 1. Hip hinge to the wall



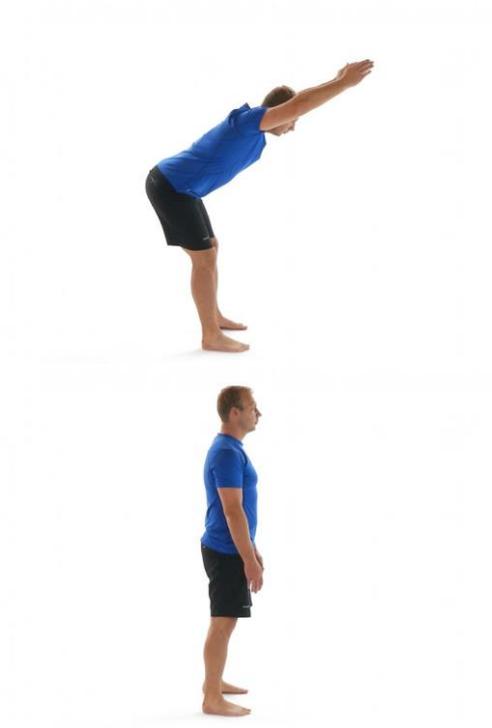
- Stand back to a wall.
- Keep your spine neutral as you bend through your hip joint to tap your sit bones on the wall.
- Both sit bones should tap at the same time.
- Keep the spine neutral; the movement should occur only at the hips.

### 2. Standing waiter's bow



- Stand up.
- Place one or both hands behind the back to monitor muscles tension in the surface back muscles.
- Bend forward from the hips, pushing your hips backward and keeping your spine neutral.

### 3. Trunk flexion



- Stand up with feet shoulder-width.
- Keeping your back straight, bend forward from the hips as you raise your arms overhead to reach forward.
- Come back to the standing position and repeat.

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### 4. Good morning with band



- Step on the band with both feet and loop it over your shoulders.
- Push your hips back to bend your trunk forward.
- Keep your lower back straight at all time during the exercise.

## 5. Cone pick-up, 1 leg



- Stand and bend over on one leg, hinging at the hips and keeping the back straight, to pick up a cone (or any other object) on the floor.